



## **Mental health and parent-child relationship in elementary school students of Shahrekord city and their parents during the COVID-19 pandemic**

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### **Abstract:**

**Objective:** One of the most important psychological disorders that can harm the mental health of patients with covid-19 is post-traumatic stress disorder. Closing schools and home quarantine due to the spread of an infectious and contagious disease such as Covid-19 affects the physical and mental health of children and adolescents and the parent-child relationship. Due to the pandemic situation of the Covid-19 disease, the discussion of the psychological effects of this viral disease on the mental health of people at different levels of society is very important. The purpose of this study was to investigate mental health and parent-child relationship in elementary school students of Shahrekord city and their parents during the Covid-19 pandemic **Methods:** The current research was a cross-sectional descriptive-analytical study that was conducted on 121 first and second grade students of Shahrekord elementary school in 2021-2022. Data collection tool, demographic questionnaire, Pianta parent-child relationship scale questionnaire (CPRS) and the child symptom inventory questionnaire (CSI-4) which was sent to mothers to complete on the Internet. Data analysis was done using SPSS 18 software. **Results:** The majority of the studied samples were male in terms of gender, parents' university education, housewife's occupation, single father's occupation and the child's academic average was excellent. According to the results of the study, the average score of conflict, dependency and the total score of parent-child relationship in different educational levels of mother and father are significantly different. The results showed that there is no significant difference in the average score of conflict, closeness, dependence, total score of parent-child relationship and mental health in the occupational groups of parents and in different educational averages of children. Also, according to the results, there was no significant linear relationship between the age of the child and the number of children in the family with the score of conflict, closeness, dependence, total score of parent-child relationship and mental health. **Conclusion:** According to the results of the study, there is no difference between the parent-child relationship and its factors, as well as mental health in the groups of boys and girls, which shows that both groups of boys and girls in the covid-19 pandemic are affected by the dangers of covid-19 on mental health and relationship with parents Also, the different educational levels of parents have an effect on the levels of conflict and dependence of the child.

**Keywords:** Mental health, parent-child relationship, elementary school students, COVID-19 pandemic, posttraumatic stress, mental disorders